

‘cēcəwītəl’

“helping one another”



GROUPS AGREEMENTS

⇒ **Together we know A LOT** – honour diversity of experience

⇒ **Listen and Share Respectfully** – be present; manage time; uplift others; no disruptions when others are speaking

⇒ **Take Care of Your Needs** – breaks; emotions; asking for help when needed

⇒ **Uphold What’s Confidential** – take home the wisdom shared, but not the names

⇒ **“Hang it on the Nail”** – agree to contribute to safe, shared space for all